



Adult Self-Help Resources for PTSD During a Pandemic

PTSD Coach

Access <https://mobile.va.gov/app/ptsd-coach> for information about this app.

Download the app on Apple App store or Google Play

For: Adults

Cost: Free

Description: PTSD Coach was designed for those who have, or may have, posttraumatic stress disorder (PTSD). The app provides education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools that can help you manage the stresses of daily life with PTSD.

Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies.

This app can be used by people who are in treatment as well as those who are not.

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